



Dancing their hearts out

Contestants shake, shimmy and sweat at dance-a-thon.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



A silver celebration

Cliffy celebrates 25 years at Conestoga.
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MONDAY, NOVEMBER 17, 2008

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

40TH YEAR — NO. 23

Holmes inspection

By SARAH BONGERS

Not many renovation projects get a personal inspection and thumbs-up from TV handyman Mike Holmes, but students in Conestoga College's skilled trades programs obviously did their work right the first time.

Renovation guru and trusted contractor, Holmes, known for his TV show, *Holmes on Homes*, visited Conestoga's Waterloo campus on Nov. 5 to address a student body wearing overalls and workboots just like himself.

Second-year students in the renovation technician program and women in the skilled trades carpentry program have been working on four large renovation projects over the past couple of weeks under a partnership between the Holmes Foundation, Home Depot and the college. They renovated the Opportunity Centre, The Food Bank of Waterloo Region, Parents for Community Living and Pride Stables (Central Ontario Riding Development Program).

The Holmes Foundation has been supporting Conestoga College's skilled trades program for the past three years.

According to Greg White, chair of trades and apprentice-

ship at Conestoga College and one of the co-ordinators of the event, the Holmes Foundation has invested close to \$150,000 in these projects.

Last year Holmes only visited one project site, but White said he enjoyed it so much he wanted to see all the sites this year.

At the Waterloo campus, one of the first things Holmes said to the crowd of cheering students was, "I love my job!"

"It's an amazing opportunity for two programs that would generally never work together," said Doug Lockston, faculty of trades and apprenticeship at Conestoga College and who also co-ordinated the event.

According to Lockston, the projects "couldn't have happened without the Holmes Foundation."

Lockston said taking on these projects was a way for the students to take the skills that they've learned and are currently learning and give back to the community.

Holmes, sporting his trademark overalls, visited all four project sites to inspect the students' hard work and to see if they "made it right." While inspecting, he would also give mini-lessons to the students and quiz them to test their handyman knowledge. Holmes

was pleased with everything he saw and gave the students a thumbs-up. He also took time to sign autographs and have his picture taken with the students and staff workers at the community agencies.

At Parents for Community Living, the students installed a new subfloor and floor as well as Formica on the walls to protect them from wheelchair damage.

After eight years in the building, the Food Bank was "a mess" with flaking paint and falling ceiling tiles, executive director Wendi Campbell said. The students painted the walls and floors and installed new counters, lockers, ceiling tiles, lights and work tables.

Pride Stables got new plumbing and floors and The Opportunity Centre received a bigger common area, their two wheelchair accessible bathrooms revamped and a new kitchen.

Holmes said the look on people's faces shows why "this is all good."

"Not only are you doing something but you are helping people," said Holmes to the students at the Food Bank.

White said he believes in Holmes' philosophy of "doing it right the first time" and using environmentally friendly techniques and products while



PHOTO BY SARAH BONGERS

Popular TV handyman, Mike Holmes, stopped by the Waterloo campus Nov. 5 to oversee the work of Conestoga's trades students. For additional photos see Page 7.

building and renovating.

"It's something he enjoys and believes in," said White.

Before Holmes' visit was concluded, Andrew Martinello, a renovation technician program student, presented Holmes with a Conestoga College hoodie.

Lockston believes the

Holmes Foundation reinforces what is taught at the college. "That it should be done right the first time, to build by the building code, to build properly (and) to not cut corners."

Or as Holmes puts it, "We're to make a difference here, because I'm sick and tired of fixing crap."

Veg Van runs like greased lightning



PHOTO BY NEIL McDONALD

Ian Graham of Kitchener shows off his 'Veg Van,' which runs entirely on vegetable oil. The extended van has a 130-litre tank which costs less than \$12 to fill.

By NEIL McDONALD

The exhaust fumes smell like french fries.

That's because the only fuel Ian Graham's super-sized van devours is plain, old vegetable oil. He calls it the Veg Van, a gas-guzzling monster turned environmentally-friendly giant.

Graham, a 38-year-old musician and audio engineer, bought the GMC extended van from its original owner in April 2007. Frustrated by rising gas prices, he decided to convert the diesel vehicle to run solely on waste vegetable oil.

"It's me giving the middle finger to the oil companies," he said in an interview at his home studio in downtown Kitchener.

Graham gets the oil for free at local restaurants, which would otherwise pay someone to pick it up and take it to a landfill, he said. His only expense is buying filters neces-

sary to clean the oil. This means he can fill his 130-litre tank without having to worry about roller-coaster fuel prices.

"I might spend, at most, \$12 (per tank)," he said.

The van was modified by adding special heaters to the fuel lines at a cost of around \$1,500. For Graham, it was money well spent. This summer he drove to Cape Breton on vacation, a round trip of over 4,000 kilometres. He spent less than \$100 on fuel, saving the amount he spent to convert the van.

"It paid for itself in no time," he said.

While filling up at a restaurant in Nova Scotia, the owner pointed him toward a local landfill.

"There was a train car full of vegetable oil," said Graham. "I spent half a day at the dump and I had enough oil to get back to Kitchener and beyond."

Graham is passionate about

green issues, and his contributions to the environment don't stop with the Veg Van. He has recently begun using a solar oven, and is considering converting to solar hot water.

"People need to stop fighting nature and just go with it," he said.

"There are alternatives. You have to look into it, and do your research, and decide if you want to take a stand and take control of your own life."

Our interview over, Graham starts up the Veg Van in his driveway for a demonstration. Sure enough, the aroma of greasy diner comfort food soon fills the air. The van's smell depends on where Graham gets the oil.

"If you go to a burger joint, you get (the smell of) french fries," he said. "If you go to a Chinese restaurant, you get more of a spring rolls smell. It's awesome."

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could go anywhere for a vacation, where would you go?



"I think I'd like to go to Lake Ontario to fish and relax on a boat."

John Bosco,
first-year
social services

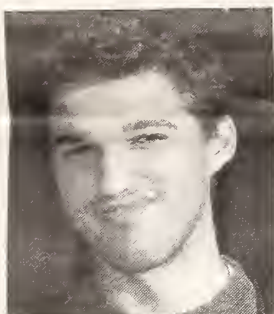
"I'd go to Trinidad and Tobago. I know some people there."

Megan Dabies,
first-year
accounting



"Constanta, Romania. That's where the party's at."

Alex Mercu,
second-year
business management



"Amsterdam ... no comment."

Adrian Anton,
first-year
business foundations



"Croatia. I've heard a lot of good stories."

Mike Clayton,
second-year
electronics
engineering technician



"I'd go to Cuba. I've never been there so I want to check it out."

William Thomson,
second-year
electronics
engineering technician



Smile Conestoga, you could be our next respondent!

Happy birthday Cliffy

By JAMIE REANSBURY

On Nov. 5 Cliffy the Condor celebrated his silver anniversary with the students and faculty of Conestoga.

Clifton the mascot was "born" on Nov. 5, 1983 at 12:34 a.m. to the proud parents of the Doon Student Association, the predecessor of Conestoga Student's Inc. According to CSI, he graduated with honours from Conestoga, with a diploma in mascotry, and has used it to cheer on Conestoga College for the last 25 years.

"He's almost 30, he's getting kinda old," Sheena Sonser, the president of CSI, teasingly said.

Cliffy received a more modern look in 2003 when CSI purchased a new costume. This has helped to keep Cliffy current.

"The colours are the same, they just changed the shape of his face," said Janie Renwick, the CSI business manager.

CSI also had a number of other interesting tidbits about Cliffy's inner workings, one of which is that Cliffy is completely gender neutral.

"I know he sounds like a boy but he's not," said Sonser.

Cliffy also is an avid participant in Oktoberfest and when he's not mascotry, he can be found getting a mas-

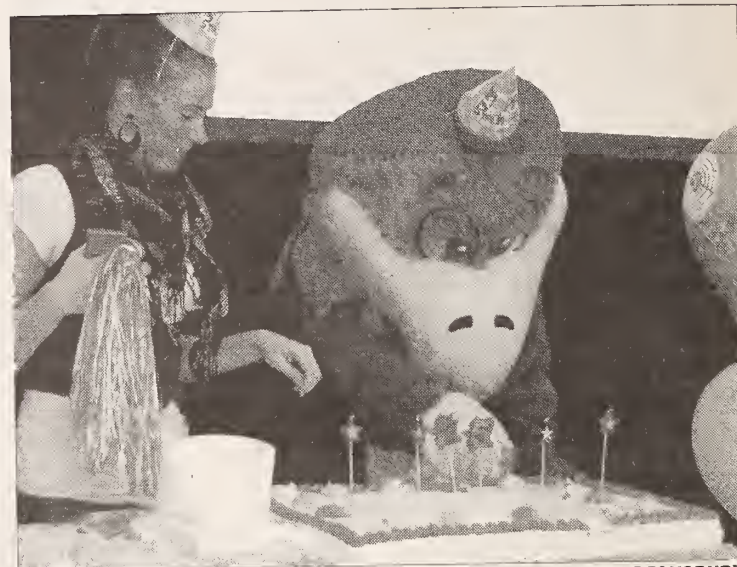


PHOTO BY JAMIE REANSBURY

Born Clifton the mascot on Nov. 5, 1983, Cliffy cuts his 25th birthday cake which he shared with the students.

sage from the Conestoga Massage Therapy clinic.

"We have the photos to prove it," said Sonser.

**He's almost 30,
he's getting kinda old.
— Sheena Sonser**

According to Dan Randall, co-ordinator of physical resources and past president of the Doon Student Association, the concept of a

Conestoga mascot was the brainchild of Barb McCauley, the person in charge of intramural and varsity sports in the '80s.

Vince Sowa, the co-ordinator of graphic design, said the original design for Cliffy came from a project completed by Conestoga design students in the program many years ago.

The original mascot came from a student in the '70s and was redesigned in the '80s, said Sowa.

The professor who oversaw the student project was Myron Shwadchuck.

IN BRIEF

Flu shot clinics at Conestoga today, Nov. 24

High fever, headache, sore throat, runny or stuffy nose and tiredness are all symptoms of the influenza virus, which affects 10 to 25 per cent of Canadians during the winter season.

Do yourself a favour — avoid the possibilities and get the flu

shot. Flu shot clinics are being held today at the Doon campus and Monday, Nov. 24, in Room 2E05 from 9:30 a.m. to 3:30 p.m. Anyone intending to visit the clinic should bring their Conestoga College ID card and Ontario Health card.

CORRECTION

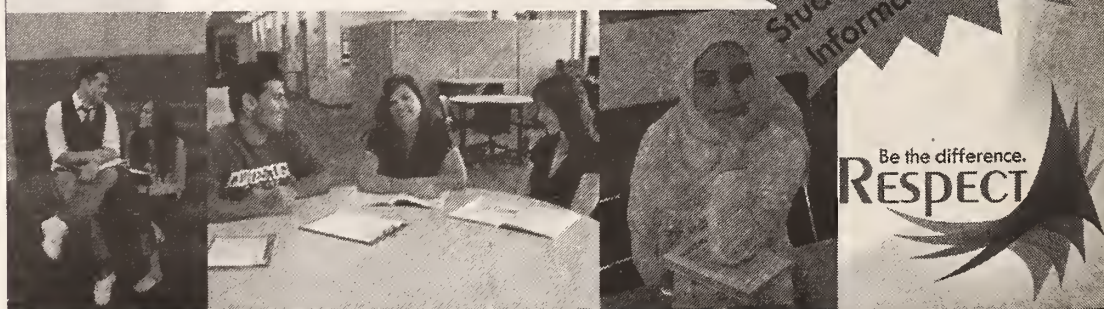
A story in the Nov. 3 edition of Spoke said the tuition at Griffith University was \$30,000 per year. It is, in fact, approximately \$15,000 to \$18,000 AUD for undergraduate degrees. Spoke apologizes for the error.

WHO DOESN'T LIKE FREE SWAG?! CHECK OUT RESPECT @ CONESTOGA!

Learn about Conestoga College's Respect Campaign and how you can become an Ambassador of Respect at Conestoga!

Hear what other students have to say about Respect and what **you** can do to Be the Difference!

RESPECT: UNDERSTANDING OUR STUDENTS
MONDAY NOVEMBER 24
12:00 P.M. - 1:00 P.M. - ROOM 2A111



Early Childhood Education receives hefty donation

By LACIE GROFFEN

Conestoga College's Early Childhood Education program, received a large donation at the Alumni Association of Conestoga's annual general meeting Nov. 3.

In front of a record-breaking crowd, Susan Milton, president of the Alumni Association of Conestoga, presented a \$25,000 cheque to John Tibbits, president of Conestoga College, and Marlene Raasok, executive dean of the School of Health and Life Sciences. The funds will support the ECE redevelopment plan put in place in light of recent research on early mind development.

A press release posted on the college website features information about recent research on brain development and early learning. The study showed early learning as the best time for children to build trust and become independent. Children develop deci-

sion-making skills and acquire a strong capability for knowledge and understanding.

The ECE redevelopment plan was created in part because of this research. It includes specific goals to help improve the program, such as redeveloping the space for integration of child learning, parent resources and adult learning, incorporating new learning technologies and environmental features supportive of innovative approaches to learning, and expanding the existing centre for growth in programming and delivery capacity.

The Alumni Association also made another donation that evening. They gave \$8,400 to help finance an existing commitment to the Waterloo campus. And, 53 fortunate first-year students received \$200 Welcome Home Awards. This award is given to first-year students enrolled in full-time programs who had a parent

graduate from Conestoga as well.

The Conestoga Alumni Association raises these funds through various outlets including Johnson Insurance. In 1997, Johnson Insurance made an agreement with the Alumni Association to market and provide insurance to alumni at a great rate. They also agreed to help support them through an administration support allowance.

At the meeting Graham Stoddart, from Johnson Insurance, proudly presented the association with a cheque for \$40,201.

In his speech, Tibbits talked about something called the "humble squid." He said the squid lives 2,000 feet below water, is rarely spotted and, at some point, dies and can wash ashore. But, "life goes on," he said. He used this example to explain efforts to keep the college meeting community requirements. He said it took eight years to acquire the land



PHOTO BY LACIE GROFFEN

John Tibbits, president of Conestoga College, and Marlene Raasok, executive dean of the School of Health and Life Sciences (right), accept a \$25,000 cheque for the ECE redevelopment plan from Susan Milton (centre), president of the Alumni Association.

for the new Cambridge campus, but however slow the process may be, changes will be made.

Tibbits said he is "very posi-

tive about the future of the college," and said in spite of the economy and because of it, he believes the college will double in size in the next 10 years.

'Tis the season to give

By JESSICA O'DONNELL

It's that time of year again: breaking the bank account to buy the best presents for friends and family, decorating the tree and donating to some great causes.

One such cause is Conestoga Students Inc.'s Christmas Wish Tree. Organizers of the charitable event ask students, staff and faculty to purchase gifts for the children of less fortunate Conestoga students.

"We try to connect people with a need with people with a desire to help," said Christopher Graves, CSI general manager. "It's all about making the season brighter for families in need."

"Parents can go to CSI to sign-up children under 15 providing their age, gender and a list of gift ideas," Graves said. "There is complete confidentiality. Asking for help can be embarrassing, but we want students to know there is no shame in asking for help."

Graves believes that the Christmas Wish Tree is a win/win situation for all involved.

"No matter who asks for help or needs help, they get the help they need," he said. "And those who want to help a worthy cause get the satisfaction of knowing that someone's holiday was a little brighter because of them."

Sign-ups to purchase gifts for a child started Nov. 3, but not many students know about the charitable event.

"I had no idea what it was," said Jesse Cussons, a first-year electrical engineering technical student. "I knew it said something about a Christmas tree in the plan-

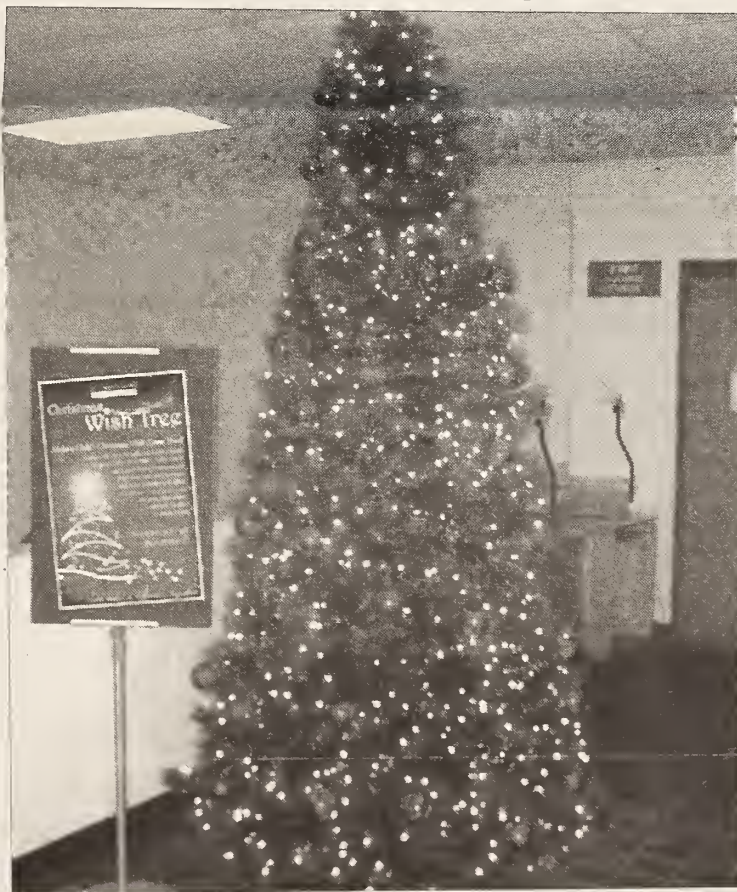


PHOTO BY JESSICA O'DONNELL

Conestoga Student Inc.'s brightly decorated Christmas Wish Tree stands at Door 4. Participants can sign up to help those less fortunate on campus.

ners, but I didn't really know what it was all about."

Cussons, like many students, feels that the wish tree is a great idea.

"I'll probably help out," he said. "It's always good to do something nice for kids, especially around Christmas."

Graves added that getting involved is simple.

"Just go to the CSI office (2A106) and ask to sign up for a family," he said. However, he added that there

may not be a family available.

"We generally have more students wanting to help than there are families that sign up for help."

Gift tags are given to each participant, with the gender and ages of the children. All unwrapped gifts are due in the first week of December.

As the saying goes, charity starts at home. For more information or to purchase a gift, go to the CSI office.

Where is our Christmas spirit?

By KAITLYN HEARD

Christmas carols, mistletoe and those sugar cookies mom makes may not be enough to boost the holiday spirit.

This time of year eager Christmas shoppers are looking for those hard-to-find deals and special gifts, however, their Christmas spirit may be at an all-time low – thanks to the recession.

With the economic downturn retailers will see record-low sales this season.

Perry Caicco, an analyst at CIBC World Markets, said in a Canadian Press article published Oct. 26. "It is safe to predict that (the) fourth quarter of 2008 will be the worst in over two decades."

Even with large, blow-out sale signs posted on store front windows, the hallways in malls across the country are still relatively bare.

In the same article BMO Capital Markets economist Sal Guatieri said, "What retailers are trying to do is start the sales early ... before risking a sharper slowdown in spending later in the year."

Pansy Pomeroy, an employee at English Butler, a gift and Christmas decorating store located in Lynden Park Mall in Brantford, said, "It (the spending) all depends. It's the season of giving. We all find the money but we might not give as much this year. It will be different this year for some people. It all depends if people spend more wisely or not – but it's Christmas and everyone will give."

Since the Canadian dollar dropped so drastically, cross-border shopping may not be as popular. Sites such as EBay.com, Amazon.com and Shopzilla.com can be costly considering the majority of the items come from the United States. With duty fees, shipping and handling fees, and the currency conversion, an item priced at \$100 in American currency can cost approximately \$160 Canadian when you receive it.

In a CBC News article published Oct. 24, Diane Brisebois, the president of the Retail Council of Canada, said, "The big difference between us and the United States is that in the U.S., they're not buying, whereas in Canada, they're trading down or just waiting to see if they'll get that item on promotion or on sale."

She also said, "Creative retailers are going to find creative ways of enticing the consumer to spend their money with them. I think you'll see some things like gifts for a price – gifts for under \$50 or gifts for under \$20."

Whether you're making a shopping list or creating a budget, the best thing to do is stick to it. If you make a Christmas list, follow it – don't buy what isn't on the list. If you create a budget, don't spend more than the amount you set aside. This will help you keep your Christmas spending in check and make the season more enjoyable.

A new era in the U.S.

It was 45 years ago when Martin Luther King Jr. delivered his famous "I have a dream" speech from the steps of the Lincoln Memorial in Washington D.C.

When Barack Obama won the presidency race on Nov. 4, the line in King's speech, "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character," especially stood out as King's dream was realized.

This election will never be forgotten, but remembered everywhere as an historic event when the United States of America elected its first African-American president and broke 30+ years of Republican rule of the Senate.

People around the world, including Canadians, are celebrating Obama's historic win. Editorials congratulating Obama were published in newspapers worldwide.

An excerpt in Kenya's East African Standard: "Change, emphatic and historic, has come to the White House. With it the promise of a transformed America and a changed world. The Standard joins the world in congratulating President-elect Barack Obama on achieving the former and challenging him to keep his promises on the latter."

From Saudi Arabia's Arab News: "The change (Barack Obama) champions is one that billions beyond the U.S. endorse."

Everyone's party hats should come off now, but can be kept at the ready. The real celebration will start if Obama can do all the things he promised after he takes office on Jan. 20, 2009.

As Canadians, we should be concerned with who our closest neighbours elect as their president because it affects us as well.

The U.S. is an enormous influential power in this world and during George W. Bush's regime some or any respect the world had for the U.S. was lost. What we can now hope is that Obama can regain some of that respect.

We may be excited about Obama winning, but what we have to remember is that electing a president is like having a baby. Once the bundle of joy comes into the world, it doesn't stop there. Then the hard work begins; dirty diapers, loud, needless crying, the whole works. It's not the end, it's the beginning. Will Obama be the president we all hope he can be? Will he usher a lasting era of American liberalism?

Obama still has to tackle many challenges including the economy, and only then can we decide if America has chosen the right person for the job. He was convincing in his campaign, but Bush's campaign was effective too.

Only after we change those dirty diapers and throw them in the trash, can we really start celebrating what Canada and the world hopes to be a new era for America, with Obama leading the way.



Nightmare before Christmas

Dashing through the snow, on a one horse open sleigh ... Wait a minute, I don't see that much snow!

Come to think of it, I also haven't seen my mother making out with a bearded man, besides my father, and my grandmother being run over by a reindeer. Actually, I can vividly remember smashing pumpkins on my neighbours' porches and mischievously celebrating Halloween only a couple of weeks ago.

So, why are the streets streamed with lights and garland and my television overrun by commercials of a red-suited fat man who drinks Coca-Cola?

It's ridiculous!

The store fronts of Wal-Mart, Crappy Tire — excuse me, I meant Canadian Tire — and a dozen other big-box consumer stores, were already displaying Christmas decorations long before the disguises for the young generation of sugar-crazed pilferers were finished being sold.

I mean, I could see there being an overlap in the two holidays advertising schedules if they were more similar, but they are not. If I were to generously stretch it a bit, I can come up with three common traits between Halloween and Christmas, but imagination would have to play a key role.

Firstly, you spend a lot of money and time on both holidays, whether you celebrate them or not. Bags of candy, costumes, decorations, ginger-



Jamie Reansbury

Opinion

bread houses and presents don't come cheap. And for all the rotten spoil-sports who don't celebrate either holiday, there are always the sugar-motivated goblin criminals, who have a dozen spare eggs and toilet paper at home, and the local Legions who can guilt money out of Ebenezer Scrooge.

It's ridiculous!

Secondly, decorations of any calibre are almost a must for both holidays. Let's face it, whether you celebrate either holiday with perpetual festive cheer, or you stalk through your own home and yell at the imaginary spiders on the wall, you have decorations somewhere for both Halloween and Christmas. They could be for the sole purpose of scaring the children away from your house so you don't have to clean up eggs the next morning, but you still have them.

Thirdly, both holidays support the growing trend of organized crime among youth and the elderly. Can you imagine any other time of the year that strangers wearing

masks and toting bags of "goods" can walk up to your front door and demand treats in exchange for not being tricked? Or better yet, can you imagine good old pappy coming down the chimney in the middle of August in search of cookies and milk? Forget the season of peace on earth and good will towards all men, it's the season of mass extortion and breaking-and-entering.

That's it though. That is all the commonalities between Christmas and Halloween. However, there are at least a dozen or so differences. Not the least of which are the dates, almost two months apart. So why are there Halloween and Christmas accessories out at the same time?

I still have a mouldy pumpkin with a fiendishly hollow grin and villainous eyebrows on my side step, yet my neighbours have a blinking Rudolph on their roof and red and green lights strung around the eavestroughs. Maybe it's just me, but I see a clash of the titans when it comes to the two holidays competing with each other.

So how about this, time share. Have communities agree on certain dates to which exterior decorations can be displayed and stores can sell seasonal apparel, because if Rudolph blinks in my window one more time at 3 a.m. during November, he's not going to be the reindeer with a red nose anymore.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication.

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HYPNOTIST**

TONY LEE



CONESTOGA
STUDENTS INC

THURSDAY NOVEMBER 10TH

**18+ (PROPER ID REQUIRED) LIVE IN THE CSI SANCTUARY, DOOR OPENS AT 8:00PM
\$10 ADVANCE, \$12 AT THE DOOR, PURCHASE TICKETS IN THE CSI SELF SERVE AREA, ROOM 2A108**

Conestoga celebrates diversity

By **CHRISTIE LAGROTTA**

In celebration of International Education Week, Conestoga College's culturally diverse community is being celebrated.

"The group that has formed to organize this week has committed to stay together as a committee to identify other opportunities to celebrate the cultures at our campuses," said Carol Gregory, director of student development.

Students, CSI, faculty, support staff and food services at Conestoga co-operated to make International Education Week a valuable opportunity for students and staff to learn about the college's cultural diverse community, including their various traditions and heritages.

Maps of different parts of the world have been provided by CSI and will run throughout the Doon, Waterloo and Guelph campuses. Students are encouraged to mark their

place of birth on this map. CSI will also host international movies during the week of Nov. 17 to 21 and international student programmer, Radha Charran, has compiled pop music from the many cultures represented on campus that will play in the student life atrium. Student life programmers will also work with English language studies students to bring activities that celebrate cultural heritage to campus during this week.

Conestoga's international student body represents 42 countries from around the world, all with unique characteristics and heritage.

"This week will be a great opportunity to be able to celebrate and embrace the wonderful cultural diversity on our campuses," said Ryan Connell, student life programmer. "This week will provide us with a better understanding of the students we have on our campuses."

AN UNSEASONABLY WARM DAY BY THE POND



PHOTO BY ADAM RUSSELL

Jeff Jones, a police foundations professor, took advantage of the unseasonably warm weather on Nov. 5 to do some marking outside the pond at Conestoga College. The mercury hit 20 C.

Reunion marks 40 years of ECE

By **KEVIN O'BRIEN**

On Oct. 25, Conestoga's Early Childhood Education program celebrated its 40th year with an afternoon of games, memories and a heartfelt letter from a prominent Kitchener politician.

In a congratulatory letter addressed to alumni, staff and friends of the program, Kitchener MPP John Milloy described his first-hand knowledge of the importance of Conestoga's ECE program.

"The Conestoga Early Childhood Education program is dear to my heart on two counts," Milloy wrote.

"As a faculty member at Conestoga College in the 1970s, my mother enjoyed teaching some of you in your curriculum courses. I, myself, attended Conestoga nursery school in the early years of its operation (I am too old to

remember.)"

Since 1968, the Early Childhood Education program has provided students with the opportunity to work with children in a professional setting, and now houses four college-operated child-care centres in the community and one on campus.

The event drew a crowd of over 220 guests, including current students in the program and alumni from all eras of ECE history. Wendy Rose of Conestoga Alumni Services said the large turnout is encouraging for future, full-program reunions.

"Many reunions we have will be for a specific year of a program," Rose said. "With the ECE reunion, it covered all years of the program ... in that way, it was quite unique. I'd like to see more reunions like this one."

Rose also said the event was a great opportunity for alumni and students to get to know one another.

"It's a great networking opportunity for the students, and a way for them to see the achievements of people who came out of the program," Rose said. "By the end of the afternoon, everybody was chatting together."

According to Rose, the effort of current Conestoga students also made the day a great success.

"The ECE students created a time capsule and the students in the recreation and leisure program made the games. It was a great thing to see."

Included in the ECE time capsule was documentation relating to the ECE program, class photos signed by the students and a current copy of Spoke, also signed by the students.

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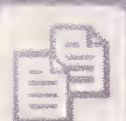
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Monday December 1st is the deadline - Tutors will not be assigned after this date

To request a peer tutor, visit our website:

www.conestogac.on.ca/learningcommons/peerservices/disclaimer.jsp



the learning commons

Peer Services

Learning Skills Service

Writing Service

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Students get passing grade from Holmes



Outside of the Opportunity Centre, Mike Holmes, known for his TV show Holmes on Homes, autographs a wooden heart for a Conestoga student.



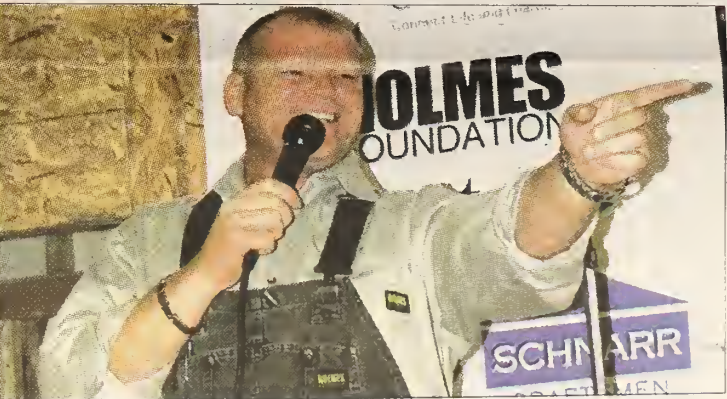
Sarah Rudavsky, a Conestoga student in a skilled trades program, gets her overalls signed by Holmes.



At the Waterloo Region Food Bank, handyman Mike Holmes (centre, back row) poses with Conestoga's skilled trades students who worked on renovating the Food Bank Centre.



Renovation technician student, Andrew Martinello, presents a Conestoga College hoodie to the renovation guru when he visited the college's Waterloo campus on Nov. 5.



A trusted contractor, Holmes addresses students in skilled trades programs at the Waterloo campus, telling them to do it right the first time.

PHOTOS BY SARAH BONGERS

LEARNING WORKSHOPS FOR FALL 2008

Topic	Dates	Time	Location
Time-management	Monday November 17	3:00 p.m.	2E23
Memory and studying	Thursday November 20 Wednesday November 26 Friday November 28	2:00 p.m. 1:00 p.m. 10:00 a.m.	3A509 1D04 2D22
Textbook reading	Monday November 24	3:00 p.m.	2E23
Test-taking	Tuesday November 25 Thursday November 27	11:00 a.m. 2:00 p.m.	2A210 3A509

Please call or drop by the Learning Commons (2A103) to sign-up!



With Barack Obama comes change

By JESSICA O'DONNELL

In one of the most publicized and prolific electoral campaigns, the United States elected its first African-American president. Illinois senator Barack Obama is the president-elect and will be inaugurated on Jan. 20.

For many people, this campaign turned out to be one of the most emotional and exciting.

"I was ecstatic," said Julia Pilgrim, a first-year executive office administration student. "It made me really happy to see the first African-American president elected."

Many students, like Pilgrim, were thrilled and emotional with Obama's victory.

"I cried when I listened to Obama's victory speech," said Leslie Kalbfleisch, a sec-

ond-year advertising student. "I thought of how 45 years ago, a man stood in front of the Lincoln Memorial, decreeing that he had a dream that there will be a nation where people will not be judged by the colour of their skin, but by the content of their character. That dream has become reality. It's amazing."

It made me really happy to see the first African-American president elected.

— Julia Pilgrim

One student was just happy the Republicans lost.

"I don't like the Republicans and what they stand for," said David Krock, a first-year mechanical engineering design and analyst student.

Kalbfleisch, like so many, felt a change was needed and has come.

"I feel like North America is very fragile right now. The word has been thrown around a lot this election, but North America needs change," she said.

She added that it is very important for Canadians to know what is happening south of the border.

"It is very important for Canadians to be politically aware of what is happening in America, as well as (with) our other allies," she said.

"Being an ally means that they will call on us for support. When they go to war, we will be called on to join

them. America and Canada are like conjoined twins. We may have separate minds, but we still share the same body. What happens to their country can very well happen to us."

I feel like North America is very fragile right now.

The word has been thrown around a lot this election, but North America needs change.

— Leslie Kalbfleisch

Canada, which recently had its own national election, will certainly see a change in Canadian-American relations.

Obama has been reported to want to re-examine the United States' role in the North American Free Trade Agreement, specifically the long-running soft lumber dispute.

Many political analysts feel this change in America will be positive for Canada and other American allies, while others argue that it is a good thing for America, but not for her allies.

The first African-American president will bring many changes to the United States which, in turn should encourage other politicians as well as citizens to bring change not only to the United States and Canada, but to the world. It should make the world a better place.

To quote Henry David Thoreau, "Things do not change; we change."

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Prepare for a healthier future

BY LIZ KOENIG

Students who eat healthily are few and far between. It's no secret that living a healthy lifestyle can be costly and for students, not entirely attainable.

The Canadian Health Food Association (CHFA) has designated November as National Health Food Month. The purpose is to encourage Canadians of all ages to learn more about the role of natural and organic products in achieving optimum health.

Health food doesn't have to mean protein shakes and meal

supplement bars. Simple things like vitamins and minerals are essential as well as a low-cost way to attain vital supplements to complement a healthy diet.

"Evidence-based research shows that supplements are a simple, cost-effective way to help prevent chronic disease," said CHFA president and CEO, Penelope Marrett.

In 2007, the Canadian Cancer Society suggested that a daily vitamin D supplement of 1,000 international units (IU) might prevent certain types of cancer such as colorectal, breast and prostate can-

cer.

This year's National Health Food month theme is "Share the goal of health and well-being."

Even if your menu doesn't make a full 360, pick up a few bottles of vitamins, minerals and supplements and take them with your Kraft Dinner or Hamburger Helper.

Whatever it is you eat, the objective is to maintain a healthy body and lifestyle.

"National health food month is really about sharing," says Marrett. "It's about sharing a passion for healthy living."

Anyone between the ages of

12 and 25 should be stocking their bodies with calcium and protein.

... Supplements are a simple, cost-effective way to help prevent chronic disease ...

— Penelope Marrett

People between these ages should be getting at least 1,000 mg of calcium a day to

prevent future problems such as insomnia, tooth decay and osteoporosis.

Simple things like a multivitamin, calcium pills and the occasional protein-enriched shake from Orange Julius can help to produce healthier results that can prepare your body for a healthier future.

The CHFA is Canada's largest trade association dedicated to the natural and organic food industry.

For more information on how to jumpstart a healthier lifestyle and achieve optimum body health, visit www.chfa.ca.

GRAPHIC DESIGN STUDENTS MAKE THEIR MARK



PHOTO BY DAVID SMITH

Students in the graphic design program are busy preparing their entries for the Staedtler Mars national art contest. The company is one of the leading suppliers of global writing instruments.

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Now he can spend more time with his grandfather.



HOROSCOPE



Week of November 17, 2008



Aries
March 21 - April 19

You need to expand your horizons this week, Aries. Instead of always sticking around the same places and doing the same things with the same people, explore a new direction.



Libra
September 23 - October 22

You need to compromise with someone this week. It's a good time to really think about what your basic needs are, so you don't end up giving up too much. You will work something out.



Taurus
April 20 - May 20

When a small crisis develops this week, you may be tempted to take care of it on the spot. You're



Scorpio
October 23 - November 21

Your health is of concern to you this week but it's not as bad as your worst fears. You might just

Dancing 'til they dropped

By MANDI CARTWRIGHT

The minute DJ PHAM's music blared through the speakers, Conestoga students jumped up and down with enthusiasm and determination.

Conestoga Students Inc. (CSI), together with the United Way, held their first ever Dance-a-Thon in Conestoga's Sanctuary, bringing in a total of \$357, which was raised by students participating in the event.

CSI president, Sheena Sonser, and United Way resource development associate, Roxy Stanciu, worked as a team to organize the event.

"Sheena and I were just kind

breaks were allowed to be taken — not even to use the washroom.

Third-year marketing student, Mark House, showed his enthusiasm by dressing head to toe in a neon-painted version of Richard Simmons. He decided to participate in the event because he heard only eight students were participating, and he figured he had a good chance.

"I'm not going to stop dancing. I've already made a fool of myself," House said.

Other students, including Kaitlyn Damm and Katie Wilson, were confident that they would be the last ones to leave the square.

"I have the determination

iPod Touch.

"For the first couple of hours, it was just the thought of owning that iPod. After that, it was just the thought of owning that girl who was dancing against me. There was no way I was going to let her win," House said.

The Dance-a-Thon was just one of the events that took place during the week of Nov. 3, which was CSI's United Way week. A movie marathon took place in the Upper Sanctuary on Nov. 3, where students were invited to watch movies and make a donation to the United Way. Donations were accepted in the CSI office on Nov. 5 and 6, and on Nov. 7 Don Johnson from one of the


stress than they can see.

your life may suffer.



Leo
July 23 - August 22

Leo, this week others will try to force their issues onto you. They're either jealous of you or worried they are failing. It seems like everyone has issues right now, and their insecurities could start to get on your nerves.




Aquarius
January 20 - February 18

Your ideas are pretty wild this week and some people might feel the need to try to cut them off. You should be able to stand up for yourself, but don't be all that surprised if there are demands for compromise.



Virgo
August 23 - September 22

Your financial situation may seem like a bigger deal than it really is. Take your time thinking it through because more options are coming, even if you can't see them yet.



Pisces
February 19 - March 20

You will find encouragement all around you this week, Pisces. At school, your teachers are spending more time explaining confusing ideas to you. Remember these acts of kindness in the future.



PHOTO BY MANDI CARTWRIGHT

Dance-a-thon participants move together to DJ PHAM's beats in the Sanctuary on Nov. 4.

Learning to dance hip-hop style

By STACIE RITCHIE

If you like to dance hip-hop or want to learn how, then the 5, 6, 7 dance club at Conestoga is the club to join.

5, 6, 7 dance was started on campus last year during the second semester by Wael Hamadeh, a second-year general business student.

Hamadeh, who has been dancing hip-hop for the past seven years, said he started the club because he "just wanted to do something with it," referring to his years of hip-hop dancing.

But in order to create the club, Hamadeh had to go

through the necessary steps to make it an official school club.

"I went to CSI, asked if I could start a club, they told me I could," said Hamadeh. "Then I asked for gym time, they gave me gym time, and I had to do some papers for the club."

Currently, there is no set number of members because the number of people who show up during the club's regular meetings on Thursdays varies from week to week, but they are looking for new members and anyone is welcome to join.

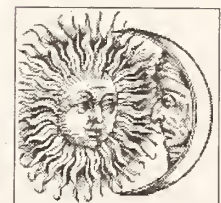
Hamadeh teaches the classes, including the dance choreogra-

phies. Each week, Hamadeh teaches a new routine.

He said it doesn't matter which week participants come because he introduces new moves and routines each week.

The club has yet to participate in any dance competitions against other schools. However, Hamadeh is hoping to change that this year and compete against other colleges and universities in the area.

Anyone interested in joining 5, 6, 7 dance is asked to go to a club meeting, held on Thursday at 4 p.m. at the recreation centre in one of the multi-purpose rooms.



Louise Kaddour is a second-year journalism student holding fate in the palm of her hand.

Conestoga runner makes All-Canadian team

By ADAM RUSSELL

There is an all-star in our midst. Conestoga College's Dave Sharratt, the Ontario individual men's eight-kilometre champion, finished sixth at this year's national cross-country championship and was named to the All-Canadian All-Star Team. Sharratt finished the eight-kilometre marathon in a time of 27:27.0. The race was host-

ed by St. Lawrence College and held at Fort Henry in Kingston on Nov. 8. Sharratt said he was happy as he improved upon his performance from last year's national tournament where he finished eighth. The pace at the beginning of the race was "very, very fast" as the top contenders stormed out of the gate and Sharratt had a tough time keeping up. "We had the favourites go

out really hard and it was a bit too fast for my liking at the start," Sharratt said. "We went through the first 2K in an unbelievable pace. I just couldn't hang on to them." Although unable to stay with the leaders, Sharratt said he managed to "hang on" to the guys he wanted to after he changed his strategy because of the fast start. Sharratt's time was good enough to place him as the top

performer from Ontario. Sharratt said he is now ready to take some time off to relax and to enjoy a social life as running has occupied all of his time the past little while. "I'm looking forward to about a month off and doing whatever I want," he said. "Then I'll be back at the track." Sharratt has one more year left at the college and said he will be back next year to try and win his third consecutive

provincial title. "I am improving every year," he said, adding he'll try to figure out a way to beat the other five guys who were faster at the national competition. Overall, Conestoga College finished fourth as a team, just missing a medal, as Francis Corral-Mellon, Drew Jansen, Eric Vicujnik and Derek Sanderson also turned in strong performances in the eight-kilometre contest.

Indoor soccer starting up in January

By LAURA ROUSE

Conestoga athletes will have something to look forward to for the new semester – varsity indoor soccer will be starting up in January. There will be a men's and a women's team and the tryouts are scheduled for the first week back after Christmas break. "Indoor soccer is a tournament sport – we usually go to two or three invitational tournaments, then regional qualifying," said the men's team's coach, Geoff Johnstone. The top two teams from the region then go on to the

Indoor soccer is a tournament sport – we usually go to two or three invitational tournaments ...
– Geoff Johnstone

are also tournaments scheduled in February. The regionals for both teams start in March. There are three tournaments for the women's team, on Feb. 1, 7 and 14. The women's indoor soccer coach is Aldo Krajcar, who won the Conestoga's division coach of the year for women's outdoor soccer. Both of Conestoga's indoor soccer teams were regional champions in the 2007 / 2008 year. For further information on indoor soccer, contact Geoff Johnstone at ext. 3259.

CONESTOGA STUDENTS UNDER PRESSURE



PHOTO BY LIZ KOENIG

First-year practical nursing student, Andrea Farkas, tests the blood pressure of Marc Witmer, a post-grad advanced police studies student, to make sure he is in top shape to catch bad guys.

COUNSELLOR'S CORNER: College Alcohol Inventory

The following College Alcohol Inventory was developed at the University of Wisconsin-Eau Claire. It might be interesting for you to complete the inventory and then compare your score with the average scores.

- | | | |
|-------------------------------|--------------------------------|--|
| True <input type="checkbox"/> | False <input type="checkbox"/> | 1. I have drunk 5 or more drinks in a row at least once in the last two weeks. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 2. I have drunk to intoxication at least once in the last two weeks. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 3. I have drunk alone in the last 3 months. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 4. I have drunk alcohol daily (at least 5 days of each week) for the last month. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 5. I have said or done something under the influence of alcohol I regret during the last 3 months. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 6. I have drunk during the last 3 months so that I could do something that I felt I could not do as easily without alcohol (i.e. talk, relax, be more outgoing). |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 7. I've experienced a blackout (memory loss) while drinking in the last 3 months. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 8. I have driven under the influence of alcohol in the last 3 months. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 9. I have missed school or work due to the effects of alcohol at least once in the last 3 months. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 10. I have experienced withdrawal (shakes, sweats, flushed faced) after stopping drinking in the last 3 months. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 11. My drinking has harmed my personal relationships in the last 3 months. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 12. During the last 3 months, I have often drunk in larger amounts or over a longer period of time than intended. |

Score

Add your scores on questions 1-12 (one point for each True answer). This is your severity score. The range is 0-12. 50% of UWEC students average score is 2.4. 84% of UWEC students score 5 or below. If an answer to any question or your total score concerns you, please consider talking to a counsellor at Counselling Services.

"If Alcohol is causing you problems you have a problem with alcohol."
A Message from Counselling Services, 1A101.

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New York Times claims ugly is pretty

The debate over what is considered beautiful has taken an ugly turn.

The New York Times recently published an article suggesting that a cultural movement away from beauty is underfoot, with the shift expected to bring widespread acceptance.

Writer Sarah Kershaw points to the success of ad campaigns like Ugly Betty's urging to "Be Ugly" as an indication that the most beautiful and glamorous among us should no longer expect praise for their symmetrical features and glossy hair.

Ugly, she claims, is the new pretty.

In theory, I appreciate Kershaw's sentiment. The media has trumpeted a narrow

definition of beauty for too long, and the effects of this, though hard to measure, certainly can't be positive. A recent press release for Model Makers, an in-development reality series, provides an example of how young women have been asked to meet an unhealthy idea of perfection. The call is for aspiring models who are "not thin enough" or "not photogenic" enough, who are then offered a chance at stardom if they can whittle themselves down to a maximum of 110 lbs.

"Women come in all shapes and sizes, but models don't," claims the press release, before going on to explain, "Skinny," "no body fat," and "size zero" are the words and phrases associat-



Sarah
Boychuk
Opinion

ed with models. 'Chubby,' 'well-fed' and 'big-boned' are not ..."

When I first read the release I was shocked the beauty ideal was being advertised in such definite terms. Thinness has long been portrayed in aspirational terms, with young women given a hollow promise of acceptance if they could only sacrifice their health for something esthetically pleasing. Clearly, such myths are in des-

perate need of debunking, yet I find the move towards ugly acceptance to be troubling.

The New York Times uses examples of cinematic monsters and the disagreeable green ogre Shrek to illustrate the kind of "ugly" that is apparently catching on. The inclusion of Ugly Betty's character is a dangerous one as well, as most young women are more likely to relate to the braces-wearing and bespectacled Betty. What will become of young women, previously content with their appearance, if they realize they resemble the "ugly" examples now being posited as acceptable?

Kershaw's article and the belief that "ugly" can now be encouraged presents a view as

equally flawed as that put forth by the masterminds behind Model Makers; anyone who doesn't fit the underfed and smooth-skinned definition of beauty – and I suspect this is the majority of the population – are still being made into a kind of Other, albeit under a veil of acceptance.

Kershaw and those contacted for the New York Times article may have had good intentions when they suggested we are entering a kind of Utopia where the Ugly and the Beautiful can both have a positive and commanding presence, but the battle is far from over. Until physical appearance is no longer made a priority, there is nothing to celebrate.

There's a way to combat the winter blues

Old man winter is slowly creeping up behind us, so don't get caught off guard.

At the halfway mark of November it's common for students to inadvertently fall into a rut and succumb to a form of winter depression, usually blamed on the cold and darkness. But what we must realize is that it's just the cold causing these unpleasant thoughts.

There are simple methods to one-punch old man winter and keep the glass half full through the upcoming frigid months.

First and foremost, wear gloves and a thick pair of socks even if the latest fashion trend says otherwise. Frostbite is the enemy here. It's hard to have fun with your extremities feeling numb and like they may fall off.

You have to think of snow as nature's silly putty. Play with that fluffy white stuff. You're never too old to build a fort, make a snowman and, for the males, write your name. Don't eat it, no matter how often you're dared.



Blair
Pollock
Opinion

For the NASCAR enthusiasts there's a solution to entertaining yourself during the winter months. Just grab a lawn chair and a couple of sodas and head to a busy exit off the 401. After finding a safe place to sit just

watch the traffic. All that consistent turning around the bend is sure to rev the engine of the diehard NASCAR faithful.

If the snow starts falling and you're still not having the time of your life in the winter wonderland, let the squirrel, Canada's little punchline, lighten the mood. Watching these tiny creatures struggle to carry food in the snow can be hilarious. It may sound cruel to laugh at the animal's expense, but they likely won't even notice.


If all else fails and you can't shake off the winter blues, remember that Christmas is right around the corner and Santa's got a shiny new pair of tighty-whities with an extra stretchy waistband in his sleigh, ready to throw in your stocking.

Now that everyone is fully prepared for the upcoming season, remember to stay positive, stay warm, stay classy, stay safe and eat your Cheerios as part of a well-balanced breakfast.

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INTERNATIONAL

EDUCATION Week



- ☉ Put your place of birth on the world map you see on your campus.
- ☉ Enjoy Chartwells' International fare in the cafeterias (check out the menus on the LCD screens).
- ☉ Watch International movies during this week in the Sanctuary. Drop in to the Library to share your good will and check out resources.
- ☉ Listen to pop music from the many cultures represented on our campuses.
- ☉ Meet our international students and learn about their country and culture.

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